

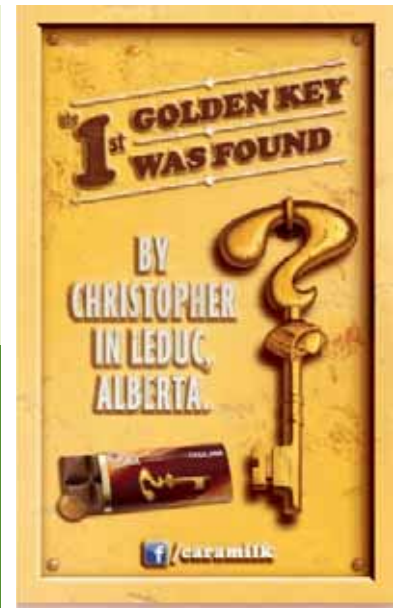


**ARTS GROUPS
WELCOME PREMIER'S
GAMING-GRANT
REVIEW** {page 3}

SPA DAY STEAL
AT-HOME FACE AND BODY
TREATMENTS FOR
THRIFTY LADIES {page 20}



IT'S A BOY!
KATE HUDSON,
FIANCÉ HAVE
HEALTHY BABY
{page 15}



THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Fantasy Prize, consisting of (1) a Fantasy Trip (ARY \$2,020) and (2) a yearly supply of Caramilk bars (345) for 25 years OR cheque for \$10,000. Odds no less than 1 in 1,600,000. Fantasy trip no less than a 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

VANCOUVER

metro

®

Tuesday, July 12, 2011
www.metronews.ca



News worth
sharing.

Duco's tweet shame

► New Canuck haunted by playoff tweets about the Sedins' diving and Luongo's Boston performances ► Business prof says all generations must learn to manage their online brand



JIM MCISAAC/GETTY IMAGES

Twitter can be a great tool for connecting to the public at large, but it can also be fraught with danger — just ask Mike Duco.

The little-known left-winger had played a total of 12 NHL games for the Florida Panthers when he posted messages on Twitter indicating he was “sick of watching the Sedins dive and lay on the ice” during the playoffs and saying “ha ... solid night, Luongo” following Vancouver's 5-2 mauling at the paws of the Boston Bruins in Game 6.

Few people cared until he was traded to the Canucks on Saturday, but since then he's been subjected to a torrent of criticism on Twitter.

“You see people getting in trouble using social media ... because they don't think people are paying attention to (them) online,” said SFU business administration researcher Nathaniel Payne.

“There's a loss of control, and I think people don't realize how much of a liability even one or two comments made offhand on Twitter can be, career-wise.”

Duco backedpedalled from his comments after news of the trade came through, posting, “lesson learned ... I'll keep my comments on the ice.” ● DAVID PROCTOR

► Mike Duco skates against the Philadelphia Flyers in Philadelphia in December 2009.

Jaycee Dugard

Recalling the horror

► Woman talks about 1991 kidnapping
► Abductor sentenced to maximum 431 years last month {page 8}

Winnie on big screen

Animator talks about Pooh's new flick {page 14}



Life after prison

Transitional housing on East Broadway is helping aboriginal men re-enter the community {page 4}

A CLOSER WALK WITH PATSY CLINE

ARTSCLUB THEATRE COMPANY

“A FOOT-STOMPING, HAND-CLAPPING, HEARTWARMING DELIGHT”
—THE JOURNAL CAZETTE

every performance \$29!

PRODUCTION PARTNERS: NCIX, SEASON, SPONSORS, Greater Vancouver, THEATRE, 43rd Street, GBT

NOW PLAYING!

ARTSCLUB.COM
604.687.1644

GRANVILLE ISLAND STAGE

BARBARA MOSE, PHOTO BY DAVID COOPER

ROGERS™
authorized dealer

ABBOTSFORD
148-31935 South Fraser Way
604-556-7702
Seven Oaks Shopping Centre
604-854-1988
West Oaks Mall
604-859-0070
Seven Oaks Shopping Centre
604-858-7231
BURNABY
Crystal Mall
604-436-3110
Highgate Village
604-521-1338
Loughheed Mall
604-420-7979
101-3855 Henning Dr.
604-431-2500
Metropolis (Near Bus Loop)
604-433-8000
Crystal Square
604-718-2112
Metrotown (Near T&T)
604-432-9303
Metropolis (Near Silvercity)
604-430-3903
CHILLIWACK
Cottonwood Mall
604-858-0017
CLOVERDALE
Cloverdale Crossing Mall
778-571-0776
Hillcrest Village
604-576-6360
COQUITLAM
Coquitlam Centre
604-941-6122
H-341 North Rd.
604-939-4777
DELTA
Delta Shoppers Mall
604-592-9199
Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-2011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
MISSION
Mission Hill Plaza
604-820-0811
NEW WESTMINSTER
Royal City Mall
604-777-9996
NORTH VANCOUVER
8-1301 Marine Dr.
604-983-3335
1422 Lonsdale Ave.
604-983-3025
Park & Tifford Mall
604-988-2803
West Lynn Shopping Mall
604-984-8900
RICHMOND
Continental Centre
604-279-8888
Aberdeen Centre
604-279-9187
Richmond Centre
604-273-2203
Landsowne Mall Centre
604-247-2355
Aberdeen Centre
604-303-8811
110-3031 Beckman Place
604-246-0550
SOUTH SURREY
Sennahmoo Mall
604-536-1010
SQUAMISH
38-40437 Tantalus Rd.
604-898-3025
SURREY
7-8430 128th St.
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
129-12080 Nordel Way
604-543-8888
Southpoint Exchange
604-531-2500
101-7320 King George Hwy.
604-595-5522
VANCOUVER
155-139 Keefer St.
604-683-8223
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-759-1513
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-679-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8200
208 Keefer St.
604-688-3883
1053 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
WEST VANCOUVER
Park Royal North
604-921-1488
Park Royal South
604-921-4880
WHISTLER
18-4314 Main St.
604-932-2021

ROGERS™ plus

BURNABY
6518 East Hastings St.
604-291-9068
3433 North Rd., Unit 106
604-421-7500
Brentwood Mall
604-320-0789
MAPLE RIDGE
22430 Devlinway Trunk Rd.
604-463-2231
100-20398 Devlinway Trunk Rd.
604-460-6527
NEW WESTMINSTER
104-1055 Columbia St.
604-524-1100
NORTH VANCOUVER
Capilano Mall
604-983-9744
PORT COQUITLAM
1460 Prairie Ave.
604-552-3316
2131-2850 Shaughnessy St.
604-941-2423
RICHMOND
192-8180 No. 2 Rd.
604-275-4648
SURREY
101-17700 56th Ave.
604-574-6341
8112 120 St.
604-589-0099
101-7175 138th St.
604-589-8880
8934 152nd St.
604-581-2287
400-15355 24th Ave.
604-535-8828
101-10166 King George Blvd.
604-584-7274
TSANWASSEN
1195 56th St.
604-943-9940
VANCOUVER
2696 East Hastings St.
604-254-9555
1027 W. 53rd Ave.
604-731-1699
2097 W. Broadway
604-733-3999
1295 Davie St.
604-669-7377
Pacific Centre
604-801-5292
WEST VANCOUVER
580 Park Royal North
604-926-2623

JULY 17TH IS YOUR LAST CHANCE TO GET A PS3™

VALUE OF
\$299⁹⁹



Vertical stand sold separately.

Sign up 2 smartphones to a Couples & Family Plan or add a line to your existing Couples & Family Plan & the PlayStation®3 is on us.

3-year voice & data plan required.*

ONLY AT **ROGERS™**

Call 1 800 653-6678
rogers.com/PS3



OFFER
EXTENDED UNTIL
JULY 17

ROGERS™
authorized dealer

ROGERS™ plus

«WIRELESSWAVE»

WIRELESS etc...

COSTCO
WHOLESALE

FUTURE SHOP

SONY

booth
wireless

BEST BUY

Walmart

*Offer ends July 17/11. Subject to change without notice. Customers who activate 2 smartphones on a voice and data Couples & Family Plan or add a smartphone to an existing voice and data Couples & Family Plan (each with a 3-year term) are eligible to complete an online coupon (rogerspromotions.com/PS3offer) to redeem for a Sony PlayStation 3 (160 GB) at no additional cost while supplies last. Early cancellation fees apply. Limit one per account. "PlayStation" and the "PS" Family logo are registered trademarks and "PS3" is a trademark of Sony Computer Entertainment LLC. ©2011

City floats water metering

Water metering is headed to Vancouver city council this Thursday.

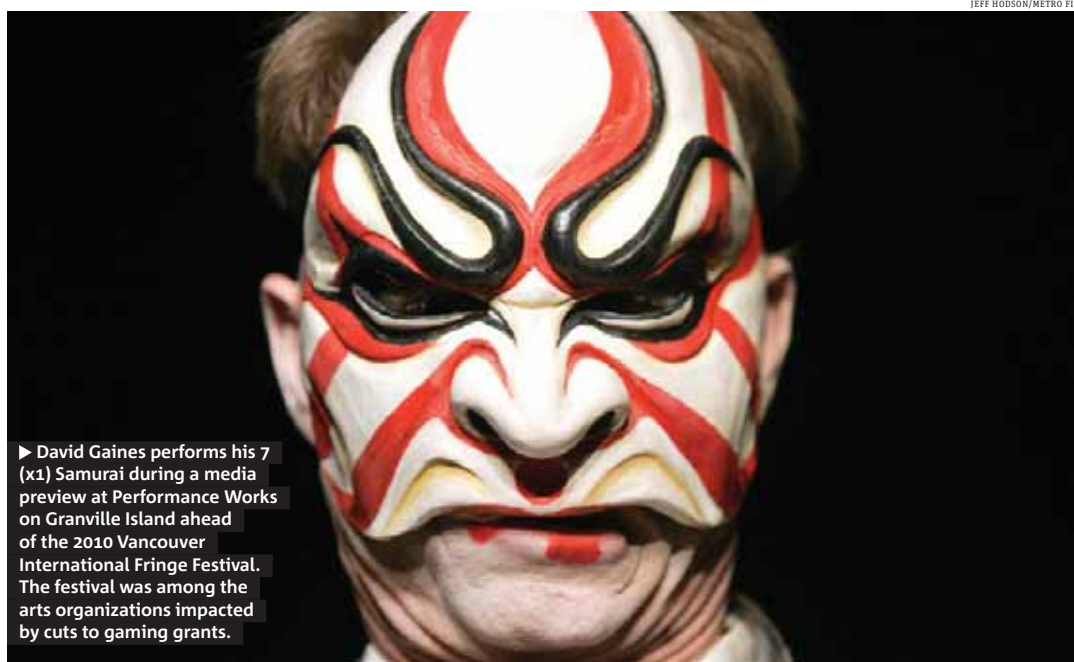
In keeping with the city's goal of being the world's greenest city by 2020, the engineering department has proposed that single- and dual-family residences undergoing construction or substantial renovation be required to add water meters, just like multi-family and commercial properties.

"If you look at it on a per-capita basis, single-family and dual-family (water use is) far higher, and the biggest reason for that is lawn watering," explained Peter Judd, general manager of engineering services. **DAVID PROCTOR**

Police look for British newlyweds missing in B.C.

A search is underway in northern B.C. for a pair of British newlyweds who set out on a backcountry adventure and failed to show up for their trip home from Vancouver a week ago. The family of Ben and Caroline Davies hasn't heard from them since June 22, when they called from Smithers to say they'd be renting some kayaks and meeting up with someone they'd recently met in the area.

THE CANADIAN PRESS



► David Gaines performs his 7 (x1) Samurai during a media preview at Performance Works on Granville Island ahead of the 2010 Vancouver International Fringe Festival. The festival was among the arts organizations impacted by cuts to gaming grants.

Arts groups hoping for gaming-grant revamp

► Premier announces review of process ► Hundreds of small groups 'on the cusp'



MATT KIELTYKA
@METRONEWS.CA

Still reeling from massive cuts two years ago, the arts community is welcoming a review of the province's gaming-grant process with open arms.

Premier Christy Clark made good on one of her Liberal-leadership campaign promises yesterday by commissioning former Kwantlen Polytechnic University president Skip Triplett to lead the Com-

munity Gaming Grant Review.

Alliance for Arts and Culture executive director Amir Ali Alibhai says the wide-ranging review couldn't have come soon enough.

"Cuts to gaming grants have really impacted the arts community. This is good news that the review is taking place," he said. "There are hundreds of groups on the cusp. I'm concerned whether they can survive until changes are made."

Gaming in B.C. generates more than \$1 billion for the government each year.

In 2009-10, Community Gaming Grants — handed out to non-profit organizations, charities, social services and arts and culture groups using that revenue — were cut from \$156 million to \$120 million.

The cuts, coupled with revised criteria that shut the door to adult arts groups, were a devastating blow to many organizations that depend on the

funding.

In March, grants were raised to \$135 million and distributed to approximately 6,000 groups across the province.

NDP social development critic Shane Simpson is hoping for a complete overhaul of the grant process. "I think it's a broken system," he said. "There are a lot of groups struggling because of the chaotic way the grants work. There is a lot of uncertainty."

Triplett's report is due Oct. 31.

1

news


Science seeks to save the sting of summer sunburns. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Correction

The amount of money needed to pay for policing and sanitation costs during the annual pride parade is \$40,000. Incorrect costs were given in yesterday's Metro.



Follow us on Twitter @vancouvermetro

SUMMER PUBLISHING WORKSHOPS

Canada's longest-running publishing training program

June 24 to August 8, 2011

SPACE IS LIMITED - REGISTER NOW! <http://www.sfu.ca/pubworks>

"[I'm] thrilled to be speaking at North America's most progressive center for the stimulation of new publishing minds. And I'm not just coming to speak, I'm coming to listen."

— Richard Nash, Cursor

True Accounts: Symposium on the Book. Five authors, five books on investigative writing: July 16

• **Magazine Publishing: A Crash Course:** July 28-29

• **Digital Rebuild:** August 2-3

• **Investigative Writing with Stevie Cameron:** July 15

• **Marketing Through Social Media:** August 4

Plus many, many more!

For more information contact:

E: pubworks@sfu.ca

T: 778 782 5241 or 778 782 5229

@learnpublishing

TRAWLING FOR TOURISTS

Selling
B.C. to the
world

B.C. tourist attractions hope to reap the benefits from a new international promotional campaign that markets the Canadian experience.

The Canadian Tourism Commission's Signature Experience Collection, which launched yesterday, promotes Canadian destinations around the world. The campaign aims to boost awareness of our country abroad and convince people to spend some time here — and to bring their tourism dollars, of course.

"The Signature Experience Collection will inspire travellers to come to Canada by showcasing businesses and differentiating Canada as a unique and

enticing nation," said Lesley Anderson, manager of brand experiences for the commission.

The idea of the "signature" concept is that the attraction or adventure can be experienced only in Canada.

Some B.C. companies involved include Edible British Columbia, Grouse Mountain, Rocky Mountaineer and Bluewater Adventures in the Great Bear Rainforest.

● TERRIS SCHNEIDER



► Edible British Columbia is being marketed abroad as a premier attraction.

A new start in life

► Circle of Eagles Lodge reopens ► Seeks to reintegrate native ex-offenders

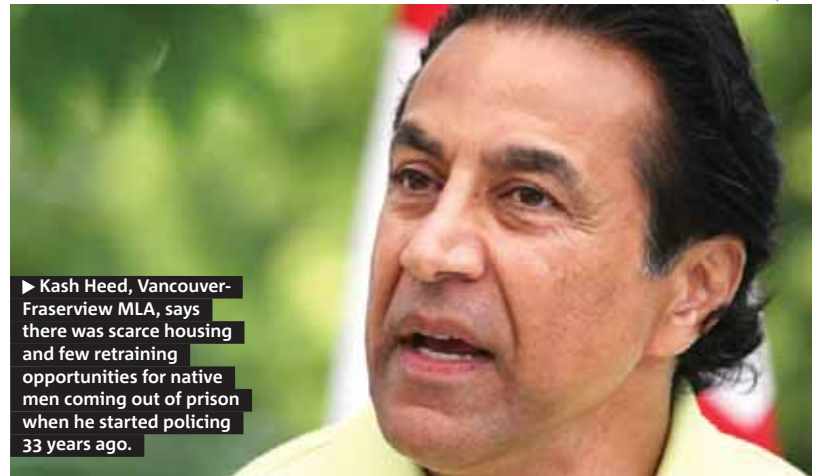


PHYLICIA
TORREVILLAS
VANCOUVER@METRONEWS.CA

Vancouver has come a long way in the campaign to help former offenders re-establish themselves in the community, Kash Heed says, and he's glad to see it.

"When I started policing about 33 years ago ... I recall having to deal with young aboriginal men who were just released from our penitentiaries and jails," Heed, the MLA for Vancouver-Fraserview, said yesterday at the reopening of the Circle of Eagles Lodge. "As a young officer, I used to wonder why we didn't have anything better for them."

The Circle of Eagles Lodge — a 17-bed transitional-housing development on East Broadway — was closed for renovations for two and a half years. Now that it's up and run-



► Kash Heed, Vancouver-Fraserview MLA, says there was scarce housing and few retraining opportunities for native men coming out of prison when he started policing 33 years ago.

ning again, it can get back to the business of helping aboriginal men coming out of correctional services re-enter the community.

Onsite supports for tenants include home-cooked

meals, laundry facilities and pre-employment and life-skills training. The men also have access to an off-site sweat lodge.

"It's really rewarding to know that they were given

a start somewhere so they could prove they can be law-abiding citizens," said Marge White, founder of the Circle of Eagles Lodge Society. "I take my hat off to them."

Make a beeline for Treelines
at Electric Owl tonight

A local photographer will chop off her long curly locks tonight and donate her tresses to people undergoing treatment for cancer.

"I've been growing my hair for two and a half years to cut it for this," Christine McAvoy said.

The Hair-E-Oke event takes place at Electric Owl at 928 Main St. It features

the band Treelines, who are finalists in the Peak 100.5 Performance Project.

Matt Lockhart, lead singer of Treelines, said their song When I Get Grown will be offered for sale for \$1 on the band's website, with all proceeds going to the Canadian Cancer Society.

"Part of what drives us as a band is the idea that

Tress code

► Doors open at 8 p.m., with Treelines performing at 9, and the hair-chopping happening at about 9:45. Karaoke follows after that.

we can make a difference in people's lives through what we do," Lockhart said.

● TERRIS SCHNEIDER

COURTESY OF CHRISTINE MCAVOY



► Treelines are playing a set to raise funds for the Canadian Cancer Society.



More than just pushing pixels.

ELECTRONIC MEDIA DESIGN • DIGITAL MEDIA

LANGARA CONTINUING STUDIES

Johnathon Strebly
604.324.2535
jstrebly@langara.bc.ca

Register now. Start this September.
www.langara.bc.ca/emd

Langara.
THE COLLEGE OF HIGHER LEARNING.

HP ePRINT

NOW, PRINT FROM VIRTUALLY ANYWHERE*



HP PHOTOSMART PREMIUM e-ALL-IN-ONE

Now, HP's new web connected printers with HP ePrint have a unique email address giving you the freedom to print from wherever life happens. No need to hook up to your PC. Welcome to the HP ePrint revolution.

*Learn more at **hp.ca/HPeprint** or visit Best Buy, Costco, Future Shop, London Drugs, Staples, The Source, Wal-Mart or hpshopping.ca*



HIT PRINT
BRILLIANTLY

Statehood vote just PR: Baird

► Says Palestinian state must be result of negotiations

Foreign Affairs Minister John Baird says it would be meaningless if the United Nations General Assembly recognized Palestinian statehood this fall.

Baird is dismissing the Palestinian campaign to win recognition at the UN in a September vote as a public-relations move.

"We think it's distinctly unhelpful to seek a public-relations declaration within the UN General Assembly. Obviously, it would be without any meaning," Baird said yesterday.

Baird noted that only a vote of the Security Council would finalize the matter. "We believe that statehood should be the product of a negotiated permanent peace with security for both the Palestinian and Israeli people."

Boycott

Baird also confirmed Canada is boycotting the UN Conference on Disarmament because North Korea has assumed the rotating chairmanship.

► "It's absurd, and it's a blow to meaningful efforts at worldwide disarmament," said Baird.

He said he'd be thrilled to welcome a new Palestinian state, but only after peaceful negotiations with Israel. Baird also affirmed the Harper government's unwavering support for the Jewish state, which has sparked criticism in the past.

THE CANADIAN PRESS

Bosnia. Srebrenica



► A woman touches the coffin of her relative yesterday among the more than 600 displayed at the Potocari memorial cemetery near Srebrenica, Bosnia and Herzegovina.

ASSOCIATED PRESS/MARKO DROBNIAKOVIC

Massacre remembered as victims reburied

Hundreds of victims of the Srebrenica massacre were reburied yesterday as more than 40,000 mourners looked on — solemnly paying their respects on the 16th anniversary of the worst crime in Europe since the Nazi era. After a ceremony and collective prayer at the memorial centre in the eastern Bosnian town that already contains more than 4,500 graves, survivors and volunteers hoisted 613 coffins wrapped in green cloth to the air and carried them to a field of freshly dug graves.

Drought may be worse than reported: Official

A U.S. official said yesterday he fears Ethiopian officials may be underestimating the country's needs in its drought crisis, even as the government announced that 4.5 million Ethiopians need food aid, 40 per cent more than last year.

The U.S. government aid arm is looking for ways to help the hungry on Ethiopia's side of a three-country drought crisis that is also devastating communities in Kenya and Somalia.

"We are concerned that we are underestimating the situation, especially in the southern provinces," Jason Frasier, mission director of USAID in



► Two-year-old Aden Salaad sits in a bathtub yesterday at a Doctors Without Borders hospital in Kenya, where he is being treated for malnutrition.

Ethiopia, said of that country's food crisis.

Ethiopia's state minister of agriculture, Mitiku Kas-

sa, said yesterday that nearly \$400 million is needed to fill the country's food gap. THE ASSOCIATED PRESS

More than 100 die as ship sinks

An aging cruise ship was severely overcrowded, had a malfunctioning en-

gine and listed to one side before it sank in heavy wind and rain on the Volga river, which is east of Moscow, killing as many as 129 people, Russian officials said yesterday.

River cruise boats are highly popular among

Russian holiday-makers and the Bulgaria was carrying 208 people, including a large group of children, when it set off in stormy weather Sunday, officials said. It was only licensed to carry 120.

THE ASSOCIATED PRESS

News in brief

Stun gun found on U.S. plane

SECURITY. Authorities are trying to determine how a stun gun got aboard a Jet-Blue plane that landed at New Jersey's Newark Liberty International Airport.

A cleaning crew was working around 10:20 p.m. Friday after the flight arrived from Boston and found the stun gun tucked into the back of a seat. Newark FBI spokesman Bryan Travers says there's no indication that an attack was imminent. He says the investigation is focusing mostly on how the stun gun ended up on the flight.

THE ASSOCIATED PRESS

STD resists all antibiotics

HEALTH. Scientists have discovered a strain of gonorrhea that is resistant to all currently available antibiotics.

The international research team says the superbug strain, dubbed H041, is likely to

transform a once-easily-treatable sexually transmitted disease into a global public health threat. Swedish researcher Dr. Magnus Unemo says the discovery is alarming but also predictable because gonorrhea has shown a remarkable capacity to develop resistance to drugs.

Unemo announced the discovery yesterday at a conference in Quebec City. THE CANADIAN PRESS

Transit union wants apology

COMPLAINT. Toronto's transit union is denying reports that a worker urinated on the wall of a subway station in full view of passengers.

The chairwoman of the Toronto Transit Commission issued a public apology after a rider complained. But Bob Kinneer, who heads Local 113 of the Amalgamated Transit Union, says the report is "a total fabrication."

He says the worker was just using his cellphone to check on a work assignment and this was verified by an internal investigation.

THE CANADIAN PRESS

New York prepares for same-sex marriages, adoptions

First comes love, then comes marriage. Now adoption lawyers and agencies in New York say they're getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

New York will allow same-sex marriages beginning July 24, becoming the most populous U.S. state to legalize such weddings. Thousands of couples are expected to tie the knot.

The state already permits unmarried couples, both gay and straight, to adopt children. But a wedding ring is an important milestone in a relationship — and can also bolster a couple's case as they try to impress social workers, adoption agencies and birth mothers during the often competitive adoption process, couples and adoption experts say. THE ASSOCIATED PRESS

Switch and earn bonus interest on your savings.

Earn **2%**

ON NEW BALANCES¹
LIMITED TIME

The **CIBC**
eAdvantage[™]
Savings Account

Whether you have short or long-term goals, the CIBC eAdvantage Savings Account can help you reach them sooner. Take advantage of a high interest rate when your balance is \$5,000 or more. You'll have free online transfers to your other CIBC personal bank accounts and the convenience of being able to manage your savings online 24/7.

Conditions apply. Visit any branch,
cibc.com/moremoney or call **1 800 465-CIBC (2422)**.



For what matters.

¹This is a combined bonus and regular annual rate paid when the account balance is \$5,000 or more. The bonus and/or regular rates may change at any time without prior notice. How it works: The regular rate is calculated on the full daily closing balance (when balance is \$5,000 or more). In addition, on days when the closing balance exceeds the closing balance on Jan. 31/11 (the difference between the two balances is a "New Balance"), the New Balance earns a bonus rate for that day. Offer expires Sept. 30/11. Interest is paid monthly. Other conditions apply, so ask in branch or see cibc.com for full terms and conditions. [™]Trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

'But he didn't get all of me' Dugard says

ABC NEWS/THE ASSOCIATED PRESS



► Diane Sawyer, left, speaks with Jaycee Dugard in Ojai, Calif., during a July 1 interview, Dugard's first since being kidnapped near her California home in 1991, when she was 11.

► Jaycee Dugard, who was held captive for nearly two decades, talks publicly for the first time ► Phillip Garrido sentenced to maximum 431 years last month

Jaycee Dugard, the California woman kidnapped in 1991, talked through tears about both the pain and determination she felt as she gave birth to her captor's child in his backyard while she was still just a girl.

Dugard was clear and composed throughout the interview with ABC News' Diane Sawyer on her show Primetime that aired Sunday night, but grew emotional when she talked about seeing the first of two girls fathered by Phillip Garrido.

"It was very painful," said Dugard, 31, as tears welled in her eyes. "She came out and then I saw her. She was beautiful. I felt like I wasn't alone anymore. I had somebody who was mine."

She described walking to

the school bus stop on the day of a fifth-grade field trip and being zapped with a stun gun on a South Lake Tahoe street at age 11.

She said she heard Garrido laughing and telling his wife Nancy Garrido, "I can't believe we got away with it," calling the moment "the most horrible moment in your life, times 10."

Without going into many details, Dugard talked about the long, drug-fueled sex sessions Garrido would put her through, and said that to her great confusion he would cry afterward.

"He would tell me what an awful man he was," Dugard said. She said she would think that despite her own terrible pain, "I have to comfort him?"

Her mother, Terry

"I can still hear it, consciously, when I'm awake. Some sounds and smells just don't leave you."

JAYCEE DUGARD RECALLING THE SOUNDPROOF DOOR OF THE BACKYARD STUDIO THAT GARRIDO SHUT AND LOCKED EACH TIME HE LEFT HER

Probyn, who was interviewed by Sawyer alongside her daughter, said she was full of rage.

Looking at her daughter, Probyn said, "He stole your childhood, he stole your adolescence, he stole your high school proms, and pictures and memories."

Dugard's reply: "But he didn't get all of me."

THE ASSOCIATED PRESS



30 years of experience in the Traditional Manual Practice of Osteopathy

College of Osteopathic Studies
CEO (Osteopathic Studies) Inc.

and BRITISH COLUMBIA SCHOOL OF OSTEOPATHIC MANUAL PRACTICE

Manual Practice Osteopathic studies

"Osteopathy is a natural medicine which restores function to the organism by treating the causes of pain and imbalance..."

Philippe Druelle, D.O.

Osteopathy, a discipline in demand

The practice of manual osteopathy requires a fine touch, a gentle heart and a desire to learn. The emphasis at the College is to ensure that the hand-to-hand transmission of traditional osteopathy is preserved. Our lead instructors hold a specialization in certain aspects of the program to ensure that the knowledge passed on is of the highest quality.

This 5 year program (6 seminars / year) is designed for health-care professionals to gain knowledge in osteopathy and evolve their practice while studying.



**NEXT CLASS
START IN
OCTOBER**

An **efficient solution** for your **patients**

6 Canadian campuses: Montréal | Halifax | Vancouver | Québec | Toronto | Winnipeg |
For information: 1-800-263-2816 | info@ceo.qc.com | www.ceo.qc.com

**VANCOUVER
CAREER COLLEGE**

**From here.
To career.**

**The Shortest Path To
A Business Career**

Train today for:

- Paralegal
- Legal Administrative Assistant
- Accounting & Payroll Admin
- Human Resources Professional
- Business Admin / E-Commerce
- Hospitality Management
- and more...

Most programs are One Year or less.

**Step into the career you've
been dreaming of. Call today!**

**learn.vccollege.ca
1.866.306.6766**

facebook

twitter

YouTube

myspace

www.VancouverCareerCollege

www.VCCollege

www.VCCollege

www.VancouverCareerCollege

\$10 from the sale
of each bag
goes directly to the
**Canadian Women's
Foundation - Women
Moving Women
Campaign**

beauty
steals
the
day
at \$ **35** (4550)
ITEM 433-000



Get a GREAT
summer tote,

ALL these beauty products. AND help a woman out of poverty at the same time?

who knew

...Beauty Steals YOUR Day at The Shopping Channel

SHOP today, quantities are limited
Just visit theShoppingChannel.com/bag or PHONE 1-888-2020-888



News in brief

MARTY LEDERHANDLER/THE ASSOCIATED PRESS FILE



Passes gone for 9/11 Memorial

HALLOWED GROUND. All 5,000 passes to the opening of the National Sept. 11 Memorial were distributed in one hour yesterday, after the website for the Sept. 12 event went live. Memorial President Joe Daniels said the quick response signals interest in the site, which "the public has not set foot in for 10 years." Families of those who died in the terror attacks will have special reservations to the memorial that bears the names of almost 3,000 victims. **THE ASSOCIATED PRESS**

New rules aim at gun trafficking

FREQUENT BUYERS. Gun shops in Texas, California, Arizona and New Mexico must alert the federal government to frequent buyers of high-powered rifles, the U.S. Justice Department said yesterday. The measure is aimed at disrupting illegal weapons-trafficking networks that funnel firearms to Mexican drug cartels. **THE ASSOCIATED PRESS**

Black behind bars by Sept. 6

RECKONING. Former media mogul Conrad Black must head back to prison by Sept. 6, a U.S. judge said yesterday. Last month, Judge Amy St. Eve ruled that Black, 66, hadn't served enough time for defrauding investors and should serve 13 months more. **THE CANADIAN PRESS**

Stiff prison sentences for Russian neo-Nazis

► Gang thought to have hundreds of supporters ► One member boasted of killing three people in 24 hours

Twelve members of Russia's most vicious neo-Nazi gang got prison sentences ranging from 10 years to life after being convicted of 27 hate killings.

The Moscow City Court yesterday handed down the sentences to members of the National Socialist Society North. The defendants were mostly men in their 20s and one woman.

During the 18-month trial, the court heard that the gang hunted mostly darker-skinned migrants from Russia's Caucasus region as well as Africans and South East Asians in a series of rampages that climaxed in February and March of 2008. The youths ganged up on apparent foreigners and stabbed them with knives,



► A member of the National Socialist Society North stands behind a glass wall at a court in Moscow yesterday. In recent years, dozens of mostly underage neo-Nazis have been convicted across Russia.

metal rods and sharpened screwdrivers, the court heard.

They were also convicted of strangling and decapitating one of their comrades whom they suspected of being a police informant and

stealing \$112,000 from the gang's funds. The decapitation, during which they donned clown masks and sang a patriotic song, was videotaped and posted online.

THE ASSOCIATED PRESS

Tension building

- The sentencing came as a loose group of nationalists announced a coalition with Russia's third-largest political party, the Liberal Democrat Party (LPDR).
- The coalition stands to attract Russia's more hard-line nationalist electorate, which is growing as the country grapples with heightened tensions among ethnic communities.
- Ethnic Russians make up two-thirds of the country's population of 142 million, while more than 100 ethnicities account for the remaining third.
- Some Russians and nationalist politicians accuse the migrants of stealing jobs and forming ethnic gangs.

NOW OPEN
in British Columbia

1 855 363 6735
discountcruises.ca

discount
cruises.ca
the world's cruise experts

Receive

\$100**

Future Travel Credit when you book any cruise before July 31st.

Caribbean & Mexico

Bahamas 3-Night Cruise

from USD

\$189

+ taxes & fees USD \$59

FEATURES Nassau and CocoCay. Sails roundtrip Port Canaveral. Interior stateroom.

Western Caribbean

7-Night Cruise

from USD **\$339**

+ taxes & fees USD \$97

FEATURES Grand Cayman, Roatan, Belize City and Cozumel. Sails roundtrip Miami. Interior stateroom.

Eastern Caribbean

7-Night Cruise

from USD **\$349**

+ taxes & fees USD \$87

FEATURES St Thomas, San Juan and Grand Turks. Sails roundtrip Miami. Interior stateroom.

Mexican Riviera

7-Night Cruise

from USD **\$359**

+ taxes & fees USD \$56

FEATURES Puerto Vallarta, Mazatlan and Cabo San Lucas. Sails roundtrip Los Angeles. Interior Stateroom.

Southern Caribbean

7-Night Cruise

from USD **\$419**

+ taxes & fees USD \$68

FEATURES St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails roundtrip San Juan. Interior Stateroom.

Cruises

Canada & New England 7-Night Cruise

from

\$454

+ taxes & fees \$154

FEATURES Sydney, Halifax, Saint John and Portland. Sails roundtrip New York. Interior stateroom.

Transatlantic

13-Night Cruise

from USD **\$499**

+ taxes & fees USD \$71

FEATURES Cartagena, Seville and Ponta Delgada. Sails from Barcelona to New Orleans. Interior stateroom.

Mediterranean

7-Night Cruise

from USD **\$599**

+ taxes & fees USD \$76

FEATURES Koper, Ravenna, Bari, Dubrovnik and Venice (overnight). Sails roundtrip Venice. Interior stateroom.

Asia 9-Night Cruise

from USD **\$700**

+ taxes & fees USD \$116

FEATURES Cheju Do, Vladivostok, Otaru (overnight) and Fukuoka. Sails roundtrip Shanghai. Interior stateroom.

South America

7-Night Cruise

from USD **\$729**

+ taxes & fees USD \$162

FEATURES Salvador, Buzios, Ilhabela and Santos. Sails roundtrip Rio De Janeiro. Interior stateroom.

Pacific

Alaska 7-Night Cruise

from USD

\$649

+ taxes & fees USD \$145

FEATURES Hubbard Glacier (cruising), Juneau, Skagway, Icy Strait, Ketchikan and Inside Passage (cruising). Sails from Seward to Vancouver. Interior stateroom.

Pacific Coastal

10-Night Cruise

from USD **\$899**

+ taxes & fees USD \$173

FEATURES Nanaimo, Victoria, Seattle, San Francisco (overnight), Monterey and Catalina. Sails from Vancouver to San Diego. Interior stateroom.

South Pacific

14-Night Cruise

from USD **\$1299**

+ taxes & fees USD \$297

FEATURES Melbourne, Burnie, Milford Sound, Fiordland National Park (cruising), Dunedin, Christchurch, Queen Charlotte Sound (cruising), Captain Cook Ship Cove (cruising), Wellington, Napier, Tauranga, Bay of Plenty (cruising) and Coromandel Peninsula (cruising). Sails from Sydney to Auckland. Interior stateroom.

Lowest
Cruise Price
Guarantee



Conditions apply. Ex: Vancouver. All prices in CAD unless otherwise stated. Prices are per person based on double occupancy and do not include airfare unless otherwise stated. Taxes & fees include transportation related fees, GST/HST, fuel supplements and port related fees and are approximate and subject to change. Fuel surcharge may be additional. Prices are for specific dates and subject to availability. Prices are accurate at time of publication and may change without notice, errors and omissions excepted. **Book any cruise stateroom before 31 July, 2011 and receive a \$100 travel credit per stateroom, for use on future bookings made in person at Discount Cruises White Rock. Voucher must be redeemed at Discount Cruises location specified above. Voucher is valid on new bookings only. Vouchers are transferable. Voucher cannot be redeemed for cash. Voucher is not valid in conjunction with any other special offer or discount. Discount Cruises reserves the right to verify against original purchase. Expires 31 July, 2012. *We will beat any written quoted cruise by \$1 and give you a \$50 voucher for future travel. "Sail Free" offer applies only where all "Lowest Cruise Price Guarantee" criteria are met but a discountcruises.ca retail shop does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.discountcruises.ca/lowestcruisepriceguarantee-sailfree.CPBC Reg #55477



PM named ceremonial chief

► Stephen Harper is the third sitting prime minister to be bestowed honour, behind Lester Pearson and John Diefenbaker ► Named chief speaker

Stephen Harper has been given a ceremonial title shared by the likes of Prince Charles and Pope John Paul II.

The prime minister has been made a ceremonial chief of the Blood Tribe in southern Alberta. The tribe says it made

Harper a chief for the residential schools apology he issued in 2008. Harper donned a head dress for the ceremony and

had his face painted by a medicine man. He also shuffled his feet to the beat of a ceremonial drum. **THE CANADIAN PRESS**

Baby's death prompts new hospital policy

The death of a newborn has the Regina health region developing a new policy on babies sharing a bed with parents.

The change is among six recommendations to come out of a review into the death of Cambria Tammie-Leigh Shuba at Regina General Hospital.

"The safety of our patients is our utmost concern, and we feel implementing these recommendations now will help us improve the care of patients in the future," Diane Larrivee, vice-president of specialty care with the Regina Qu'Appelle Health Region, said yesterday.

The infant died March 10 after going into respiratory distress while she was in bed with her mother, Amanda Brass.

Brass told a news conference in March that she had Cambria in bed with her to nurse. Brass said the baby wasn't interested in feeding so she asked the nurse if she should put her back in the bassinet. Brass said the nurse told them "No, you guys are OK. You just go to sleep."

The region says it will clarify the process for using a resuscitation team on the mother-baby unit and make changes to the nurse call and code button systems. **THE CANADIAN PRESS**

Another death linked to C. difficile

Another death has been linked to outbreaks of *C. difficile* in Ontario hospitals, bringing the province's toll to at least 21 since late May.

A spokesman for Guelph General Hospital says an elderly patient who tested positive for the infection died over the weekend.

Perry Hagerman says two more cases of the bug have been reported at the hospital since Friday.

Seven hospitals are battling outbreaks of the bacterial infection, which causes severe diarrhea and typically spreads through contact with fecal matter.

Ten hospitals had declared outbreaks last week, but three — in Toronto, Hamilton and Nanaimo — called them off in recent days.

THE CANADIAN PRESS

News in brief

War in U.S. over incandescents

Fuelled by the libertarian Tea Party activists now in their midst, Republicans say they want to "repeal the ban" on old-fashioned incandescent bulbs by passing a bill nicknamed Save The Lightbulb that would roll back the 2007 standards. **THE CANADIAN PRESS**

Crash kills 10 in Honduras

A bus crash in Honduras near an archaeological ruin popular with tourists has killed 10 people and injured 25.

Among the dead are two Americans, a Canadian, three Salvadorans and three Hondurans.

THE ASSOCIATED PRESS

WagJag.com DEAL OF THE DAY!

PRO OIL CHANGE

BUY FOR \$18

REGULAR PRICE: \$49.70

YOU SAVE: \$31.70

DISCOUNT: 64%

HIGHLIGHTS

- Canadian owned and operated
- All makes and models
- Full warranty approved
- Brand new, high-quality Valvoline oil

CURRENT DEALS

BUY FOR \$28

\$28 FOR A HAIRCUT, DEEP CONDITIONING TREATMENT, STYLE, AND FLAT IRON AT ELLE V HAIR SALON (A VALUE OF \$80)

HIGHLIGHTS

- Certified, experienced professionals
- Highest quality of work in an upbeat and welcoming environment
- One of the best European hair salons in Surrey

BUY FOR \$39

\$39 FOR A BUILD-A-BOAT CANOE BUILDING WORKSHOP FROM DREAMCATCHER BOATS (A \$150 VALUE)

HIGHLIGHTS

- Ideal for beginner builders
- Build 1-2 boats over a weekend
- Easy and informal guidance
- Includes all tools and materials; boats available for purchase after class

Visit: WagJag.com

Hurry to WagJag.com to purchase local deals before time runs out.

Don't quite get it yet? Visit wagjag.com

Follow us on:

facebook.com/wagjag
[@wagjagvancover](https://twitter.com/wagjagvancover)

Independent Internet providers slowing traffic, hearing told

► CRTC is reviewing the model used by large network providers to bill smaller, independent businesses

Independent Internet providers are significant contributors to network congestion and the price they pay to large companies should reflect their usage, BCE Inc. told a regulatory hearing yesterday.

Mirko Bibic, a senior vice-president for BCE Inc., said wholesale independent service providers make up 17 per cent of users in Ontario and Quebec and drive 29 per cent of total traffic on Bell's network in those provinces.

"This is significant," Bibic told the Canadian Radio-television and Telecommunications Commission.

"No single user or wholesale customer is the cause of congestion. But clearly,

wholesale users contribute a disproportionate share of total traffic and, by extension, congestion," Bibic said.

The CRTC is reviewing how BCE's Bell Canada and other large network providers charge independent Internet providers for the use of their networks.

The federal regulator launched the review after a social media campaign against a previous CRTC decision, which would have forced independent ISPs to charge their retail customers for usage above a ceiling — as large providers do.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 191.95 (13,179.75)	- 0.89¢ (103.20¢ US)	- \$1.05 US (\$95.15 US)	\$4.20 (- 0.2¢)
			Gold \$1,549.20 (+ \$7.60)

BIBIC: GUY LAWRENCE/GETTY IMAGES

Tabloid scandal gets more heated

The scandal engulfing Rupert Murdoch's media empire exploded in several directions yesterday, with fresh reports of phone hacking attacks against some of the nation's most powerful figures, including prime minister Gordon Brown.

Adding to the intrigue, Scotland Yard released an unusual statement accusing unidentified individuals of trying to sabotage its sprawling investigation.

The police — themselves accused of accepting bribes from Murdoch's journalists — said somebody was deliberately planting information in the press.

Police officers betrayed royal family members to the News of The World, according to reports. Other papers said Brown had his bank account broken into by a con man acting for Murdoch's Sunday Times.

THE ASSOCIATED PRESS

Solar power. Nissan



KOJI SASAHARA/THE ASSOCIATED PRESS

► Nissan is testing a super-green way to recharge its Leaf electric vehicle using solar power, part of a broader drive to improve electricity-storage systems. In the new charging system, electricity is generated through 488 solar cells installed on the roof of the Nissan headquarters building.

Recharge at little cost to the world

For Nissan's solar-powered recharging plan to work, four batteries from the Leaf electric vehicle were placed in a box and kept in a cellar-like area of the Nissan building to store the electricity generated from the solar cells, which is enough to fully charge 1,800 Leaf vehicles a year.

Canadian companies happy to hire soon: Study

Businesses across the country are planning to kick their hiring into high gear over the next year, according to a Bank of Canada survey that found corporate Canada in a generally upbeat mood.

"The balance of opinion on employment has risen to a record high level," the bank said in its summer business outlook survey released yesterday.

"Intentions to increase employment over the next 12 months were widespread across all regions and sectors, particularly in the services sector."

The Bank of Canada's report followed a better-than-expected Canadian

employment report on Friday. Statistics Canada reported a net gain of 28,000 jobs for June, the third consecutive month of gains, which was in stark contrast to a disappointing report of only 18,000 jobs added in the United States.

The central bank survey was taken between May 24 and to June 16.

The report also found that 25 per cent of firms faced difficulties finding workers and were limited in their ability to meet demand, suggesting there was less slack in the labour market than a year ago.

However the bank noted that the share of firms facing labour shortages was

57% The central bank said 57 per cent of the firms surveyed expected to hire new workers over the next year compared with just four per cent of firms that expected to have fewer employees over the next 12 months.

below the survey average.

Despite the positive outlook on the jobs front, the survey did little to push economists to change their belief that the Bank of Canada would likely keep its policy setting at one per cent.

THE CANADIAN PRESS

MoneyProvider.com

\$500 Loan
and more

Fast,
easy and
secure

No
credit
refused

1-877-776-1660
www.moneyprovider.com



RBC Royal Bank®

Need to send money overseas?

RBC International Remittance® makes it: Fast. Easy. Secure. Affordable.

Learn more about RBC International Remittance® at rbc.com/remittfunds

® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.
™ Trademarks of Royal Bank of Canada.



Advice you can bank on.™

HOT FLINGS EVENTUALLY COOL OFF

SHE SAYS ...

JESSICA NAPIER
METRO



There is just something about the heat that wreaks havoc on our hormones. Long, temperate nights and a general lack of clothing can cause perfectly logical

individuals to develop an instantaneous infatuation with one another. And, thus, a summer romance is born.

Adorable new couples become high on the potential of what could be without one rational thought towards what will happen come fall. Life becomes a movie montage of adorable date activities: Tandem bicycling in the park, picnics on the beach, sunset walks, fireworks under the stars.

But all of this fun-in-the-sun frolicking can't last forever. Don't kid yourself; your love is not a Nicholas Sparks novel.

The summer romance, like its cousin, the vacation romance, has a built-in expiry date. Like a pair of white jeans, the relationship is best enjoyed before Labour Day.

"Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will."

Oh sure, you might have convinced yourself this is the real deal, but more often than not that sizzle burns out as soon as the temperature starts to drop. Very few trysts translate into long-term relationships. Once the easy, breezy days of summer are over, integrating each other into your real (read: Not so care-free) lives can be problematic. Just look at what Sandy and Danny went through when they

brought their summer lovin' back to school in Grease.

A fling, by its very nature, means you will be flung to the curb at some point. One minute you're handholding in matching khakis like a smug J. Crew catalogue couple and the next, you're packing up your summer wardrobe and wondering why you ever thought it could last.

Ultimately, it's best to keep these sun-soaked romances as casual as the beachwear in which they began. Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will.

When September arrives and reality is restored, you're sure to feel a little melancholy over the demise of your doomed-from-the-start romance. In the days following those tearful goodbyes it's important to remind yourself that you aren't really mourning the loss of some great love, but the feeling of endless summer and the possibility of what could have been.

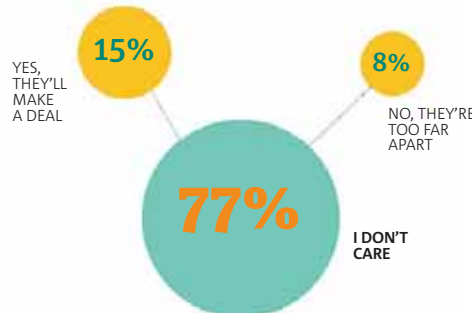
And as your tan lines start to fade, so will your heartbreak. You will come to realize that the beauty of summer romances is that they are fleeting; as short and sweet as the season itself.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Do you think there will be an NBA season this year?



Worth mentioning

MADRID, Spain. Doctors in Spain have carried out the world's first double leg transplant, giving new lower limbs to a patient who lost both legs at mid-thigh in an accident, officials said yesterday.

The Valencia regional government said the surgical team was led by Dr. Pedro Cavadas, who, in 2009, carried out Spain's first face transplant — the first anywhere to include a new tongue and jaw.

The government statement said the operation at La Fe Hospital in Valencia was extremely complex and Cavadas will wait at least 48 hours to release more information.

"Today we can say a landmark has been reached," said Dr. Rafael Matesanz, director of the National Transplant Organization. Another official at the organization, speaking on condition of anonymity, would not give details as to how the patient is doing, other than to say if the limbs are rejected this will happen more or less immediately. He added it will be a month or so before doctors know how successful the surgery has been.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Stork was lucky to get off the ground

A Texas mom expected a big baby, but nothing like this: 16 pounds, 1 ounce (7.3 kilograms).

Janet Johnson remained in an East Texas hospital yesterday after giving birth to what her doctors called one of the biggest newborns they have ever seen. She was awaiting word from the state to see whether her son,

JaMichael Brown, ranked among the biggest births in Texas history.

JaMichael was born Friday at Good Shepherd Medical Center in

Longview, Texas. Johnson has gestational diabetes, which results in bigger newborns for many mothers. Yet doctors had estimated JaMichael would be around 12 pounds (5.5 kilograms) prior to the caesarean birth.

Johnson hopes to take JaMichael home this week — and return his newborn clothes that won't fit. **THE ASSOCIATED PRESS**



2

scene

Sheryl Crow



Singer Sheryl Crow is being criticized by a U.S. animal rights group Showing Animals Respect and Kindness for planning to donate concert proceeds to the wild-horse protection group Cloud Foundation.

THE ASSOCIATED PRESS



France inducts U.S. entertainer Liza Minnelli into the elite Legion of Honour Society



► Pooh Bear and his friends will make a come back to the big screen with the feature film *The Hundred Acre Woods*

Pooh's chance to shine

► Veteran Disney animator, Burny Mattinson, shares his adventures with the infamous Walt Disney ► New Winnie the Pooh flick brings Mattinson's old toy to life on the big screen



RICHARD CROUSE
SCENE@METRONEWS.CA

For most people, Walt Disney is a brand name, or a flickering black-and-white image best remembered for hosting the Disneyland series throughout the 1960s. But for animator Burny Mattinson he was a real living, breathing person.

"I first met him as a traffic boy when I first came to the studio," said Mattinson, a Disney employee since 1953. "I was in the elevator and he stepped in. I said, 'Good morning Mr. Disney.'

He looked at me with a cocked eyebrow and said, 'It's Walt, son.' That was my first adventure with him."

Mattinson had many adventures in the studio, including working on *Aladdin*, *Beauty & the Beast* and the original *Winnie the Pooh* shorts in 1964 and '74. Those shorts were wildly popular, but were originally planned as a feature film. Mattinson remembers watching the rough cut of the film with Disney.

"He came out afterwards and said, 'You know, I think we should cut our losses. I don't think audiences are



► Burny Mattinson

going to like this kind of humour. It's too mild. Let's put it out as a featurette.' So we cut it to 20 minutes and lost a lot of footage. We put it out as *Winnie the Pooh* and the *Honey Tree* and it

did very well, and Walt said, 'Well we have the rest of this footage, let's put it out as *A Blustery Day*. Which we did and it won an Academy Award the following year."

Recently Mattinson's career came full circle when he was approached to help relaunch the Pooh Bear and his friends from the *Hundred Acre Woods*. The result is *Winnie the Pooh*, a movie Mattinson says, "is kind of like visiting an old friendly family you've grown up with."

Mattinson has another family connection to the

film. The movie's opening moments are live action, featuring a Winnie the Pooh stuffed doll his wife made in 1964. It was set to be used in the 1964 movie, but when it wasn't he gave it to his children.

"My kids played with it," he says, "and their kids played with it. It's kind of raggedy; it's gotten a lot of patina of age on it but then when the bosses said they were going to shoot a new live action opening I brought it in and showed it to them and they said, 'Yes! That's it.' It's finally gotten its chance."

BUY movie tickets online and YOU could WIN FREE movies for a year
That's so many Romantic Comedies, you may need more boyfriends.

Buy tickets online or through our Mobile App,
and you're entered to win a Cineplex VIP Card.


CINEPLEX.COM



Contest closes August 31st, 2011. Go to Cineplex.com for contest rules.

Celebrity tweets



Just saw the most incredible concert by Eddie Vedder. What an amazing energy and talent. I predict a future in the music industry for him.



@RedHourBen

Great news! Just found out my new album is so popular that I'll DEFINITELY be a trending topic on Twitter when I die. #cantwait



@alyankovic



@SarahKSilverman

Cuba Gooding Jr & Matt Damon have the same smile. I've always thought this. Since I was a little girl.

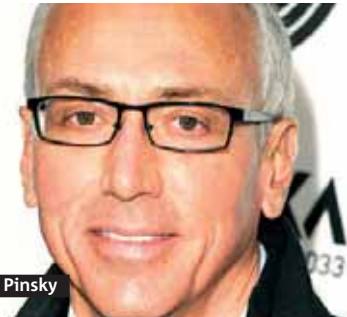


@joan_rivers

I'm bringing my grandson to London to meet Pippa Middleton! Screw the 18-year age gap. They're both single, and he's a very mature 10.

Celebrity Rehab set for indefinite hiatus?

GETTY IMAGES



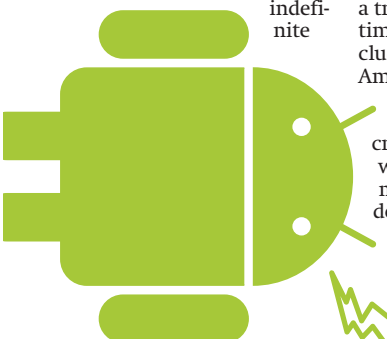
► Dr. Drew Pinsky

While the sixth season of *Celebrity Rehab* is currently airing on VH1, it won't be for much longer as the reality series is reportedly going on indefinite

hiatus, according to Radar Online. "The decision was made to put the show on hiatus because Dr. Drew Pinsky is just too busy to continue to do the show," a source says. "The amount of time Dr. Drew has to commit to treating celebrities on the show is a tremendous amount of time." The current cast includes Michael Lohan, Amy Fisher and Bai Ling.

Pinsky's show had drawn an abundance of criticism recently in the wake of former cast member Jeff Conaway's death in May.

● METRO



PSST...
DOWNLOAD YOUR
FREE METRO
ANDROID APP HERE

Android is a trademark of Google Inc.

It's a boy! Kate welcomes new addition to family

GETTY IMAGES

► Hudson and fiancé blessed with 'healthy' baby

Kate Hudson is a mother for the second time, having given birth to a "healthy baby boy" over the weekend, according to *Us Weekly*.

Hudson also has a seven-year-old son, Ryder, with ex-husband Chris Robinson.

Hudson claimed she and fiancé Matt Bellamy didn't know the sex of the baby before it was born, though in April Hudson had told *Entertainment Tonight* she'd used a "pendulum test" to predict that the baby would be a girl.

● METRO



► Kate Hudson

J.Lo to return to Idol: Report

Jennifer Lopez is reportedly returning for the next season of *American Idol*, despite recent speculation that the pop singer and the singing competition would part ways after one outing, according to *E!* Online.

Lopez herself had admitted to being "on the fence" about signing up for another season, saying in a radio interview, "I had an amazing

time doing it and I loved it, but I have a lot of other things happening and it's going to come down to me making a decision of what I want to do for the next year."

She joins fellow judges Steven Tyler and Randy Jackson, who have already renewed for the show's 11th season.

● METRO



Jennifer Lopez



► Kate Moss

Moss cleaning up, hoping for pregnancy: Source

After marrying rocker Jamie Hince earlier this month, Kate Moss is reportedly cleaning up her act in an effort to get pregnant again, according to *Hollyscoop*.

Moss and Hince are currently celebrating their honeymoon in the Mediterranean on a \$15.9-million yacht on loan from Topshop owner Sir Philip Green.

"Kate peaked at her

wedding with alcohol, cigarettes and bacon butties, but Jamie wants her to become healthier as they try for a child," a source says.

"Kate's gone to the Med equipped with wheatgrass, barley grass and fish oils, with a view to getting pregnant when she comes home."

The supermodel already has one daughter, Lila Grace, with former partner Jefferson Hack. ● METRO

3

life

Beauty pick

Chantecaille's Ultra Sun Protection SPF 50

With a formula containing the anti glycation agent carnosine, this cream helps prevent unnecessary wrinkles. The extracts have anti-inflammatory agents and the oil free texture means there's no chance of a grubby, shiny face.

● METRO



CHANTECAILLE

chantecaille.com



Arthritis not limited to the elderly and strikes one in every 1,000 children



► Not everybody is able to kick back and relax during the summer months.

Dealing with those stressful summers

► Those middle months are full of change and not everybody knows how to understand the pressures ► Metro speaks with an expert to get tips on how to deal with instability in life



CELIA MILNE

LIFE@METRONEWS.CA

Not everyone loves the lazy days of summer.

Early July is a time for change: School is over, holidays are upon us, routines are disrupted. Some people have difficulty dealing with the loss of structured time that keeps them feeling safe throughout the year.

Learning how to deal with change is all about having a strong self-image,

says Dr. Albert de Goias, a Toronto-based counselor on mood and behavioural disorders. He has recently launched a website dedicated to understanding and dealing with change (go to understandingchange.org).

"Build a powerful and stable sense of self so that you can approach stress, disruption, or even stagnancy with a sense of creativity, purpose, and self-respect," he says.

If you define yourself by your money, possessions,

clothes, appearance or status, chances are, you won't be strong when any of these things are taken away, he believes.

When change occurs or boredom sets in, some people deal with it by dwelling on problems, feeling victimized, becoming overwhelmed and turning to alcohol and drugs.

"Emotional angst is part of life," says de Goias. "It does not have to proceed to depression and addiction if we realize that it

comes whenever we have a situation we feel is beyond us or when we feel lost. It can be 'blocked at the pass' simply by knowing how to see our stresses as stimulants to personal growth."

His advice?

"Be a tourist in your own town," he says.

"Do cultural things, explore life with the curiosity of a child. Understand change as the energy that drives life, and realize there is no such thing as stability."

Tips

Resilient people are better able to deal with change and disruption than non-resilient people. Here are some tips adapted from the Mayo Clinic on becoming more resilient:

- **Get connected:** Build supportive relationships with family and friends
- **Find meaning in your life:** Develop a sense of purpose beyond appearances

Saving your skin from the summer sun stress

► Madonna's dermatologist Dr Fredric Brandt tells us how to give our skin a subtle summer glow without suffering from the damaging effects of the sun's rays in the long run ► Protection is key so remember your SPF

ROMINA MCGUINNESS
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

Sun exposure:
How the sun damages the skin and causes premature aging and generally causes worse health.

"Sun exposure ages our skin faster than any other element. Anyone who wishes to prevent wrinkles and maintain an even skin tone must wear an SPF of at least 30 everyday no matter where they live or their daily routine. Sun damage doesn't occur just from lying on the beach while vacationing in the Caribbean. It happens all the time. Winter and summer, sunshine and rain. One of the worst and least suspected culprits of skin damage comes from some types of fluorescent light bulbs. They can emit UVA rays that are strong enough to cause the break-



down of collagen and elastin."

Damage control:
How sun lovers can keep their skin young and flawless throughout the summer

"The best way to get glowing skin year-round is to accelerate cell turnover which will prevent dry, flaking skin and to stimulate your skin's collagen

production. When you pick products, look out for ingredients such as retinols, glycolic acid and salicylic acid as all accelerate cell turnover and elimi-

nate dry skin, giving you a radiant glow. Vitamin A, or retinoids are proven to stimulate new collagen production. If you wish to extend your summer tan and sun kissed glow way into the fall, use a sunless tanner containing Dihy-

droxyacetone (a harmless skin colouring agent). All sun lovers should be sure to use a broad spectrum sunscreen 365 days a year if they are to keep their skin young and flawless, but still enjoy the sunshine."

RESEARCH STUDY DO YOU HAVE ARTHRITIS? ARE YOU EMPLOYED?

WE NEED YOUR HELP!

We are looking for adults aged **25 - 65** who have arthritis and are **currently employed** to complete a short research questionnaire and telephone interview.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003



VAN CITY VS. MAN CITY
MAJOR LEAGUE MEETS PREMIER LEAGUE

YOU COULD WIN A PAIR OF TICKETS TO SEE THE VANCOUVER WHITECAPS FC PLAY MANCHESTER CITY!

MONDAY, JULY 18 at 7:00 PM on BELL PITCH at EMPIRE FIELD

To register and for full contest details visit clubmetro.com

HIRING TEMPORARY Full-Time & Part-Time EVENT SECURITY STAFF

This is a unique chance to team up with the Garda team, a North American leader in physical security, cash handling, investigations, and pre-employment screening.

We are currently recruiting for 160 Temporary Security Personnel.

Qualifications:

- Strong communication & problem solving skills required
- Must have a security license

Shifts available from June 12th to July 28th

If you wish to join our team for this event, please send a resume attention to: **Raphael Perfecto**
Fax: **604-739-6623** Email: rperfecto@garda.ca
Or visit www.gardaglobal.com

DRAKE MEDOX COLLEGE

SPECIALIZING IN:

Health Care Assistant Program & Practical Nurse Prep Program
(for foreign trained nurses)

Mention this ad for an additional \$100 Savings!

- Competitive Tuition Fees
- 6 Month Program: Full Time or Part Time Saturday or Sunday classes
- Assistance with Student Loans
- Employment Partnerships
- Challenge Exams for Foreign Trained Nurses

Call now or drop in anytime!

604.629.0196 | www.drakemedoxcollege.com
210 - 535 W 10th Ave, Vancouver

The pink pigs fly again

► Vancouver's historic butcher shop and diner re-open for (green) business

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA



You weren't left mourning the loss of the Downtown East-side's legendary Save On Meats for long.

After closing in 2009, the David Suzuki of Vancouver's restaurant industry, Mark Brand, took hold of the project, renovated,

► **Save On Meats (diner)**
43 West Hastings St.
saveonmeats.ca
Reservations: No
Licensed: Yes
Quick Solo lunch: Yes
Social lunch: Yes
Price range: \$3 - \$12
Rating: 4 out of 5



► The Save-On-Meats Burger (\$6) with fries.

and tossed in several green initiatives — including a rooftop greenhouse. His goal: 100 per cent green.

In 1957, the famous hamburger served at the butcher shop's rear was widely considered the city's best. Though I sadly can't compare, I'm guessing the new version is sim-

ilarly delicious.

As I squeezed the warm white bun, rivers of mouthwatering oil spluttered from the salty patty and down my hands.

Served with three slices of local bacon, cheddar and a tangy relish-like sauce, I just wished my granny had been there to

enjoy a nostalgic bite with me, surrounded by vintage items like a candy vending machine.

Hopefully, for Vancouver's sake, Brand's 20-year lease on the space will be extended. He and his business' contributions to our community are tremendous.

Strawberry Shake



Whirl some wonderful local strawberries with ice cream for a great shake.

If you have a blender, throw the berries in with some milk and ice cream and you have a splendid hot day drink that will give you a boost of energy.

Preparation:

1 Place all ingredients into blender container.

Process until smooth. Pour into tall glasses and serve. **THE CANADIAN PRESS/ OSTER**

Ingredients:

- 250 ml (1 cup) milk
- 500 ml (2 cups) strawberry ice cream
- 250 ml (1 cup) ripe strawberries with stems removed

Lamb burger goes classy

► Adding creamy brie and baby arugula gives this burger a posh twist

Preparation:

1 Preheat grill. Then in a mixing bowl, combine ingredients for patties.

Prepare 6 patties; set aside. Halve ciabatta crosswise to get 6 burger-size buns; slice open.

2 On the grill, quickly brown each side of the patties and cook for an extra 5 to 6 minutes.

Meanwhile, butter inside of buns and grill until golden.

3 In bowl, combine dressing ingredients.

Ingredients:

Patties

- 500 g (1 lb) ground lamb
- 30 ml (2 tbsp) Dijon
- 1 egg
- 1 small onion, chopped
- fresh mint, chopped
- Salt and milled pepper

Dressing

- 50 ml (1/4 cup) mayo
- 50 ml (1/4 cup) sour

cream

- 45 ml (3 tbsp) chopped chives
- Hot sauce, to taste
- Salt and milled pepper

Trimming

- 3 ciabatta loaves
- Butter, for buns
- 500 ml (2 cups) baby arugula
- 12 slices brie

4 Set patties on absorbent paper, then assemble with slices of brie,

arugula and dressing. **THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA**

THE CANADIAN PRESS H/O

Do you think you have what it takes to sell this space?

Learn more at:
metronews.ca/vancouver/jobs

metro

www.metronews.ca



► This recipe makes six servings.

GET READY TO ACE THAT INTERVIEW

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Charles:

I am about to embark on the most important interview of my business career and was wondering if you could provide some helpful tips for a successful interview. Shaking In My Boots

Dear Shaking In My Boots:

Congratulations on your upcoming interview! What a great opportunity. While each interview is always different — corporate culture and individual interview style play a big part — below are some tools I have used successfully.

1. Have a professional-look-



ing resumé and bring multiple copies with you. You may be asked to meet with several people or in front of a group of people. If this is the case, present each person at the table with a copy of your resumé.

2. Be ready to listen. Often, when we get nervous, we don't pay attention to what others are saying.

Always focus on the person speaking, listen carefully and let them complete their question or statement. Only then should you respond.

3. When answering questions make sure to give examples.

Never answer a question like "Tell me about your keyboarding skills?" by sim-

ply saying, "They're great."

Instead, demonstrate your skill level with good examples — "I can type 100 words a minute — with no errors. In fact, I used to prepare the management team's weekly reports. They included confidential subject matter that was for management's eyes only."

4. Dress appropriately. To do so, know the culture of the company you are interviewing for. If you are going to an interview at a conservative mutual fund company, dress in a suit and tie.

If you are interviewing for a hip and cool guerrilla-marketing firm, dress in a professional manner that is consistent with the culture of the firm.

Remember, if you dress correctly you will feel comfortable and feeling comfortable will help you to interview successfully!

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



Ideas for your next date

1 Light my fire

Prepare a nice meal together and savour it by the fire. Don't have a fireplace in your place? Nab a table by the hearth at your fave resto or take things outside and build a fire at a local campground.

2 Breakfast in bed

Take turns feeding each other French toast, chocolate chip pancakes and freshly squeezed orange juice for a sweet Saturday morning treat. Top it off with some even sweeter post-brekkie

snuggling.

3 Have an ale of a time

Celebrate your love of ale with a trip straight to the source. Alexander Keith first brewed his famous India Pale Ale in 1820. Visit the brewmaster's stomping grounds and sample his tasty tipples on a tour of Alexander Keith's Nova Scotia Brewery in Halifax. Heavy Seas Beer in Baltimore offers tours, a pirate-themed Bacon & Beer Fest, and more.

GO TO 2FORCOUPLES.COM FOR
MORE DATE NIGHT IDEAS

Before you vote, understand the referendum question:

Are you in favour of extinguishing the HST and reinstating the PST in conjunction with the GST?

To lower the HST from 12% to 10%, vote **NO.**

To bring back the GST & PST at 12%, vote **YES.**

Decide for yourself. Learn more at HSTinBC.ca



FIDO DOESN'T NEED COSTUMES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Is Fido busting your budget? The costs of pet ownership

can add up; veterinary bills, food, toys and other paraphernalia. Stop buying tutus for your feline and focus on providing for your pet's needs while saving money.

When it comes to food, consult your vet on what's most nourishing and frugal. Trendy expensive food doesn't always translate into nutrition, so research a variety of brands and compare prices. You can save a bundle by buying in bulk and using manufacturer, store or online group

coupons. If you belong to a loyalty program at your local grocery store, cash in your points for pet food.

Avoid expensive grooming by washing your own pet, brushing its teeth and hair and cleaning its ears. Special shampoos, nail clippers, tooth and hair brushes can be purchased at any pet store. When you take your animal in for a haircut, trim it short.

Proactively manage your animal's health-care costs by not postponing regular visits to the vet. Regular checkups and appropriate shots will help keep your pet healthy and prevent serious illness. One of the best ways to reduce health-care costs is to ensure your pet receives ample exercise.

Spend wisely and enjoy the inexpensive love and fulfillment pet ownership can bring.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Wrap me in seaweed, scour me head to foot, slap hot rocks on my back and I am in heaven.

If you haven't guessed, I'm a spa devotee. Happily, I have an esthetician in the family so I get to wallow in mud at a discounted price.

For those not so lucky and eager to save a few bucks, my daughter Claudia, the esthetician, offers some inexpensive but effective at-home treatments.

Here are her top five home spa ideas:

Bath Soak: Combine two tablespoons of Epsom salts with 10 drops of a favourite essential oil — lavender re-

laxes you, peppermint and eucalyptus are uplifting and help with sinus clearing, geranium is a mood balancer.

Lip Treatment: Using a soft toothbrush, gently scrub lips in a circular motion for one to two minutes — I did it for one, which was plenty. Apply organic honey and leave on as long as possible.

(I advise lying down for this one or the honey dribbles down your chin an onto your shirt — keep fingers handy for mopping and licking.)

Body Scrub: Use three to four tablespoons of brown sugar depending on amount of coverage needed.

Mix in olive oil but don't let it get runny. Add two to three drops of vanilla to scent. Scrub away and shower off.



► Money too tight for a spa day? Get a great home experience with a few expert tips.

Deep conditioning for hair:

Take a small jar or a cup of mayonnaise and half a ripe avocado. Mash the avocado in a bowl and mix in mayo thoroughly. Rub into hair. Put on a shower cap and let sit 20 minutes. Rinse.

This is great to do while you are soaking in the bath. Rinse your hair in the tub water and you'll really

gross out your kids.

Face Mask: This is good for exfoliating and unclogging pores. Mix oatmeal and water together until a paste forms. Apply to your face and leave on until dry. Scrub off over the sink and rinse.

Easy. Cheap. And, I have to admit, kind of fun.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Sponsored by:



metro

VCD VISUAL COLLEGE OF ART AND DESIGN OF VANCOUVER

3D MODELLING ANIMATION ART AND DESIGN

PASSIONATE MINDS UNITE AT VCD

- Innovative curriculum maintained through feedback from industry leaders
- Programs are \$10,000 to \$25,000 less than other schools in Vancouver
- Less time is spent on filler courses
- More time to work on portfolios
- Cut down on tuition – transfer credits are accepted
- Classes Starting Soon – Seating limited

CALL TODAY 1.800.360.6157 van.vcad.ca

Victoria's Hesjedal surviving Tour mayhem

Canadian Ryder Hesjedal is nursing sore ribs and a bruised back and neck. But he's grateful he's made it through the first nine stages of the Tour de France.

"I'm just happy to still be in the race and still be in one piece," he told The Canadian Press during yesterday's rest day. "I just feel for the guys that have gone home with broken bones. It's not fun."

This year's Tour has been a wild ride with competitors clipped by Tour motorcycles, cars, spectators and guardrails. Rain and mass crashes have added to the mayhem.

"That's the harsh reality of this sport," Hesjedal said. "We don't have that luxury of a rink or a court or a field where it's pretty controlled and you know what you're getting."

Hesjedal has been involved in several crashes himself. The 30-year-old from Victoria went down hard Friday during Stage 7, dropping him from 30th overall to 48th as he lost three minutes six seconds on the leader.

He currently stands 43rd, 9:33 back of leader Thomas Voeckler.

Hesjedal was seventh in last year's Tour in a breakthrough performance following an early injury to team leader Christian Vande Velde.

THE CANADIAN PRESS



► Stanley Franks, right, knocks the helmet off Calgary Stampeders' Johnny Forzani during the first half of Friday's game.

Buono sickened by Franks' knee injury

- Defensive halfback diagnosed with severely dislocated left knee
- Had 70 tackles, three interceptions and forced three fumbles last season

The video of B.C. Lions defensive halfback Stanley Franks' knee bending at an impossible angle was so stomach-turning Wally Buono could only watch it once.

"It's very ugly," the Lions coach and general manager said yesterday. "It's sickening."

Franks, a second-year Lion, was taken off the field on a cart and immediately

taken to hospital, where he underwent surgery Friday night after suffering a catastrophic injury to his left knee late in B.C.'s 34-32 loss to the Calgary Stampeders. The 25-year-old from Long Beach, Calif., is expected to undergo more surgery in the next two weeks.

The injury happened when a Calgary receiver stepped on Franks' foot. That caused his foot to lock

into the ground and resulted in the knee folding opposite to the way it normally bends.

It's unlikely Franks will return this CFL season, which means Buono will have to make some adjustments in his secondary when the 0-2 Lions face the 2-0 Edmonton Eskimos Saturday at Commonwealth Stadium.

"We are going to look

within," said Buono. "We do have guys that have played strong halfback."

It's expected David Hyland will replace Franks.

In both of their losses, the Lions showed potential, but not enough consistency to win.

"We've played two very good teams," sighed Buono. "At the end of the day we were 0-2."

THE CANADIAN PRESS

4

sports

More sports



English international Gareth Barry joins a list of world-class stars included on the provisional travel roster for FA Cup winners Manchester City, which will play a match against the Whitecaps next Monday at Empire Field.



welcome to cloud 649

WEDNESDAY'S
JACKPOT

\$40
Million^{EST.}

PLAY
NOW
COM

bclc

Know your limit, play within it. **GameSense**

19+

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION				
	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results
No games scheduled
Sunday's results
N.Y. Yankees 1 Tampa Bay 0
Toronto 7 Cleveland 1
Boston 8 Baltimore 6
Detroit 2 Kansas City 1
Minnesota 6 Chicago White Sox 3
Texas 2 Oakland 0
L.A. Angels 4 Seattle 2
Tonight's game
All-Star Game — At Phoenix
American (Weaver, 11-3) at National League (Halladay, 11-4), 8:05 p.m.

ALL-STAR GAME ROSTERS

At Phoenix
Revised rosters released by Major League Baseball for the upcoming all-star game, to be held tonight at Chase Field in Phoenix (s-starter, elected by fans; m-managers pick p-players' selection; i-injured, will not play; r-injury replacement; f-chosen by final vote selection):

AMERICAN LEAGUE

Pitchers
p-Josh Beckett, Boston; m-Aaron Crow, Kansas City; m-Gio Gonzalez, Oakland; p:ss-Felix Hernandez, Seattle; p-Brandon League, Seattle; p-i-Jon Lester, Boston; p-Alexi Ogando, Texas; p-Chris Perez, Cleveland; p-Michael Pineda, Seattle; m-i-David Price, Tampa Bay; p-i-Mariano Rivera, N.Y. Yankees; r-David Robertson, N.Y. Yankees; r-Ricky Romero, Toronto; p:ss-C.C. Sabathia, N.Y. Yankees; p:ss-James Shields, Tampa Bay; m-Jose Valverde, Detroit; p:ss-Justin Verlander, Detroit; r-Jordan Walden, L.A. Angels; p-Jered Weaver, L.A. Angels; m-C.J. Wilson, Texas.
Catchers
s-Alex Avila, Detroit; p-Russell Martin, N.Y. Yankees; m-Matt Wieters, Baltimore.
Infielders
p,s-Adrian Beltre, Texas; p,s-Asdrubal Cabrera, Cleveland; p-Miguel Cabrera, Detroit; s-Robinson Cano, N.Y. Yankees; s-Adrian Gonzalez, Boston; s-i-Derek Jeter, N.Y. Yankees; p-Howie Kendrick, L.A. Angels; f-Paul Konerko, Chicago White Sox; r-Jhonny Peralta, Detroit; s-i-Alex Rodriguez, N.Y. Yankees; r-Kevin Youkilis, Boston.
Outfielders
s-Jose Bautista, Toronto; m-Michael Cuddyer, Minnesota; p-Jacoby Ellsbury, Boston; s-Curtis Granderson, N.Y. Yankees; s-Josh Hamilton, Texas; p-Matt Joyce, Tampa Bay; p-Carlos Quentin, Chi. White Sox.
Designated Hitters
s-David Ortiz, Boston; p-Michael Young, Texas.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION				
	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results
No games scheduled
Sunday's results
Florida 5 Houston 4
Philadelphia 14 Atlanta 1
Pittsburgh 9 Chicago Cubs 1
Washington 2 Colorado 0
Milwaukee 4 Cincinnati 3
St. Louis 4 Arizona 2
L.A. Dodgers 4 San Diego 1
San Francisco 4 N.Y. Mets 2
Tonight's game
All-Star Game — At Phoenix
All Times Eastern
American (Weaver, 11-3) at National League (Halladay, 11-4), 8:05 p.m.

NATIONAL LEAGUE

Pitchers
m-Heath Bell, San Diego; m:ss-Matt Cain, San Francisco; m-Tyler Clippard, Washington; p-Kevin Correia, Pittsburgh; p-Roy Halladay, Philadelphia; p:ss-Cole Hamels, Philadelphia; p-Joel Hanrahan, Pittsburgh; p-Jair Jurrjens, Atlanta; p-Clayton Kershaw, L.A. Dodgers; p-Craig Kimbrel, Atlanta; p-Cliff Lee, Philadelphia; m-Tim Lincecum, San Francisco; p-Jonny Venters, Atlanta; m-Ryan Vogelsong, San Francisco; p-Brian Wilson, San Francisco.
Catchers
s-Brian McCann, Atlanta; p-Yadier Molina, St. Louis; m-Miguel Montero, Arizona.
Infielders
m-Starlin Castro, Chicago Cubs; s-Prince Fielder, Milwaukee; p-i-Chipper Jones, Atlanta; p-Brandon Phillips, Cincinnati; s-i-Placido Polanco, Philadelphia; s-i-Jose Reyes, N.Y. Mets; r-s-Scott Rolen, Cincinnati; m-Gaby Sanchez, Florida; m-Pablo Sandoval, San Francisco; p-Troy Tulowitzki, Colorado; p-Joej Votto, Cincinnati; s-Rickie Weeks, Milwaukee.
Outfielders
m-Carlos Beltran, N.Y. Mets; s-Lance Berkman, St. Louis; s-i-Ryan Braun, Milwaukee; p-Jay Bruce, Cincinnati; r-Andre Ethier, L.A. Dodgers; p-Matt Holliday, St. Louis; s-Matt Kemp, L.A. Dodgers; r-Andrew McCutchen, Pittsburgh; p-Hunter Pence, Houston; m-Justin Upton, Arizona; f-i-Shane Victorino, Philadelphia.

CALENDAR

Tonight — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.

MLB HOME RUN DERBY

At Phoenix				
Last night's results				
First Round				
Adrian Gonzalez, Boston	Tot	Long		
Robinson Cano, N.Y. Yankees	9	447		
Prince Fielder, Milwaukee	8	472		
David Ortiz, Boston	5	452		
Matt Holliday, St. Louis	5	433		
Jose Bautista, Toronto	4	412		
Rickie Weeks, Milwaukee	3	427		
Matt Kemp, L.A. Dodgers	2	427		
Swing Off (5 Swings)				
Prince Fielder, Milwaukee	Tot	Long		
David Ortiz, Boston	5	455		
Matt Holliday, St. Louis	2	459		
Second Round				
Robinson Cano, N.Y. Yankees	2R	Tot	Long	
Adrian Gonzalez, Boston	12	20	—	
Prince Fielder, Milwaukee	11	20	452	
Prince Fielder, Milwaukee	4	9	—	
Championship Round	Tot	Avg.		
Robinson Cano, N.Y. Yankees	12	433		
Adrian Gonzalez, Boston	11	420		

CFL

WEEK THREE

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	2	2	0	0	69	51	4		
Winnipeg	2	2	0	0	46	32	4		
Toronto	2	1	1	0	39	43	2		
Hamilton	2	0	2	0	26	52	0		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	2	2	0	0	70	38	4		
Calgary	2	1	1	0	55	55	2		
Saskatchewan	2	0	2	0	58	64	0		
Thursdays game	2	0	2	0	53	81	0		

All Times Eastern
Calgary at Winnipeg, 8 p.m.
Friday's game
Toronto at Montreal, 7:30 p.m.
Saturday's games
Saskatchewan at Hamilton, 4 p.m.
B.C. at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E.Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12

TENNIS

ATP MERCEDES CUP
At Stuttgart, Germany
Singles — First Round
Albert Montanes, Spain, def. Gilles Simon (4), France, 4-6, 7-6 (5), 6-2.
Guillermo Garcia-Lopez (8), Spain, def. Radek Stepanek, Czech Republic, 6-1, 6-3.
WTA SNAI OPEN
At Palermo, Sicily
Singles — First Round
Flavia Pennetta (1), Italy, def. Anastasia Grymalska, Italy, 6-4, 6-1.
Tsvetana Pironkova (6), Bulgaria, def. Anna Tatishvili, Georgia, 6-2, 7-5.

GOLF

U.S. WOMEN'S OPEN

Yesterday's final round
At Colorado Springs, Colo.
Par 71
x-won three-hole playoff by three shots
a-amateur
x-So Yoon Ryu, \$585,000 74-69-69-69=281
Hee Kyung Seo, \$350,000 72-73-68-68=281
Cristie Kerr, \$215,493 71-72-69-71=283
Angela Stanford, \$150,166 70-67-76-72=285
Mika Miyazato, \$121,591 71-73-70-72=286
Karrie Webb, \$98,128 70-73-72-71=286
Ai Miyazato, \$98,128 70-68-76-72=286
Ryann O'Toole, \$81,915 69-72-75-71=287
Jiyai Shin, \$70,996 73-72-73-71=288
Amy Yang, \$70,996 75-69-73-71=288
I.K. Kim, \$70,996 70-69-76-73=288
Chella Chou, \$60,780 71-76-70-72=289
Candie Kung, \$60,780 76-69-71-73=289
Suzann Pettersen, \$48,658 71-75-72-72=290
Yani Tseng, \$48,658 73-73-71-73=290
Junthima Gulyanamitta, \$48,658 73-73-71-73=290
Paula Creamer, \$48,658 72-70-73-75=290
Koren Stapples, \$48,658 72-77-73-68=290
Lizette Salas, \$48,658 69-73-73-75=290
Meena Lee, \$36,374 75-71-72-73=291
Morgan Pressel, \$36,374 75-72-71-73=291
Catriona Mathew, \$36,374 76-70-74-71=291
Lita Lindley, \$36,374 73-71-72-75=291
Mi-Jeong Jeon, \$30,122 72-73-76-71=292
Sun Young Yoo, \$30,122 74-68-77-73=292
Alison Walshe, \$24,042 74-73-73-73=293
Sakura Yokomine, \$24,042 72-74-77-70=293
Beatriz Recari, \$24,042 76-72-72-73=293
Brittany Lincicome, \$24,042 75-74-74-70=293
Yan-Hui Ji, \$24,042 73-69-74-77=293
a-Moriya Jutanugarn 76-69-76-73=294
Natalie Gulbis, \$21,189 73-75-74-72=294
Song Hee Kim, \$18,370 73-73-74-75=295
Shinobu Moromizato, \$18,370 76-72-74-73=295
Jessica Korda, \$18,370 73-75-72=295
Maria Hjorth, \$18,370 70-78-73-74=295
Wendy Ward, \$18,370 73-69-74-79=295

Stacy Lewis, \$18,370	68-73-79-75=295
Sandra Gal, \$18,370	77-72-72-74=295
Mina Harigae, \$18,370	75-74-72-74=295
Karin Sjodin, \$14,943	74-73-75-74=296
Shanshan Feng, \$14,943	76-72-77-71=296
Meaghan Francella, \$14,943	76-73-75-75=296
Azahara Munoz, \$12,458	74-71-79-73=297
Hee Young Park, \$12,458	73-71-80-73=297
Vicky Hurst, \$12,458	76-72-76-73=297
Jennifer Johnson, \$12,458	75-74-74-74=297
Se Ri Pak, \$12,458	74-70-77-76=297
Sue Kim, \$9,790	73-74-77-74=298
Brittany Lang, \$9,790	72-74-81-71=298
Lindsey Wright, \$9,790	76-71-75-76=298
Jinyoung Pak, \$9,790	77-72-76-73=298
Soojin Yang, \$9,790	75-74-75-74=298
Danah Bordner, \$8,680	73-74-79-73=299
Lee-Anne Pace, \$8,680	75-72-77-75=299
Marajao Uribe, \$8,680	75-69-79-76=299
Michelle Wie, \$8,680	78-71-78-72=299
Jean Chua, \$8,141	77-69-77-77=300
a-Victoria Tanco	78-69-77-76=300
Yoo Kyeong Kim, \$8,141	74-74-77-76=300
a-Rory McIlroy	70-78-76-76=300
a-Amy Anderson	69-77-81-74=301
Harukyo Nomura, \$7,735	77-70-79-76=302
Besky Morgan, \$7,735	75-72-78-77=302
Shiniae Ahn, \$7,735	74-75-78-75=302
Anyia Sarai Alvarez, \$7,735	76-76-82-71=302
a-Danielle Kang	72-77-75-79=303
Paula Moreno, \$7,408	73-76-77-78=304
Sherri Steinhauer, \$7,277	72-76-78-79=305
Gwladys Nocera, \$7,146	78-71-78-72=307

PGA TOUR FEDEXCUP LEADERS

Through July 10				
	Points	Money	YTD	
1. Nick Watney	1,798	\$4,189,233		
2. Steve Stricker	1,673	\$3,371,139		
3. K.J. Choi	1,536	\$3,665,704		
4. Luke Donald	1,455	\$3,550,248		
5. Bubba Watson	1,448	\$3,017,350		
6. Mark Wilson	1,358	\$2,716,845		
7. Matt Kuchar	1,306	\$2,878,861		
8. David Toms	1,280	\$2,920,730		
9. Phil Mickelson	1,261	\$2,496,784		
10. Gary Woodland	1,237	\$2,381,229		

SOCCER

COPA AMERICA

Last night's result
At Cordoba, Argentina
Argentina 3 Costa Rica 0
Tonight's games
All Times Eastern
At Mendoza, Argentina
Chile vs. Peru, 8:45 p.m.
At La Plata, Argentina
Uruguay vs. Mexico, 8:45 p.m.
Tonorrow's games
At Salta, Argentina
Paraguay vs. Venezuela, 6:15 p.m.
At Cordoba, Argentina
Brazil vs. Ecuador, 8:45 p.m.
QUARTER-FINALS
Saturday's games
At Cordoba, Argentina
QF1 — Colombia vs. Best-third place, 3 p.m.
At Santa Fe, Argentina
QF2 — Second A vs. Second C, 6:15 p.m.
Sunday's games
At La Plata, Argentina
QF3 — First B vs. Second-best third place, 3 p.m.
At San Juan, Argentina
QF4 — First C winner vs. Second B, 6:15 p.m.

MLS

EASTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		
Philadelphia	18	7	4	7	21	16	28		
New York	20	6	4	10	34	24	28		
Columbus	18	7	5	6	21	19	27		

Houston 19 5 6 8 23 22 23
D.C. United 17 5 7 5 24 29 22
Kansas City 18 5 6 7 23 24 22
Chicago 19 2 5 12 20 24 18
Toronto 21 3 9 9 17 36 18
New England 18 3 8 7 16 24 16
WESTERN CONFERENCE
GP W L T GF GA Pt
Los Angeles 21 10 2 9 27 16 39
Seattle 21 9 4 8 28 20 35
Dallas 19 10 5 4 26 19 34
Real Salt Lake 17 8 3 6 23 12 30
Colorado 20 6 5 9 22 23 27
Chivas USA 19 5 7 7 24 23 22
San Jose 18 5 6 7 28 21 21
Portland 17 5 9 3 21 31 18
Vancouver 20 2 10 8 19 28 14
Sunday's result
Seattle 3 Portland 2
Saturday's games
All Times Eastern
Colorado at Seattle, 4 p.m.
Real Salt Lake at Vancouver, 7:30 p.m.
San Jose at Columbus, 7:30 p.m.
Kansas City at Houston, 8:30 p.m.
Portland at Chicago, 8:30 p.m.
D.C. United at Dallas, 9 p.m.
New York at Chivas USA, 10:30 p.m.

NASL

	GP	W	L	T	GF	GA	Pt		
Carolina	15	13	1	1	34	11	40		
Edmonton	14	7	4	3	17	14	24		
Puerto Rico	15	6	4	5	23	23	24		
Minnesota	15	4	7	4	16	15	19		
Tampa Bay	15	4	5	6	17	21	18		
Fort Lauderdale	15	3	4	8	21	22	17		
Montreal	14	2	8	4	11	15	10		
Atlanta	15	2	11	2	15	33	8		

11. Webb Simpson 1,230 \$2,466,692
12. Brandt Snedeker 1,191 \$2,392,395
13. Martin Laird 1,165 \$2,348,956
14. Jonathan Byrd 1,154 \$2,358,204
15. Jason Day 1,143 \$2,729,452
16. Rory Sabbatini 1,137 \$2,200,867
17. Aryan Baddeley 1,112 \$2,329,848
18. Fredrik Jacobson 1,112 \$2,026,682
19. Hunter Mahan 1,072 \$2,181,312
20. Charl Schwartzel 980 \$2,080,921
21. Bill Haas 946 \$1,730,170
22. Steve Marino 935

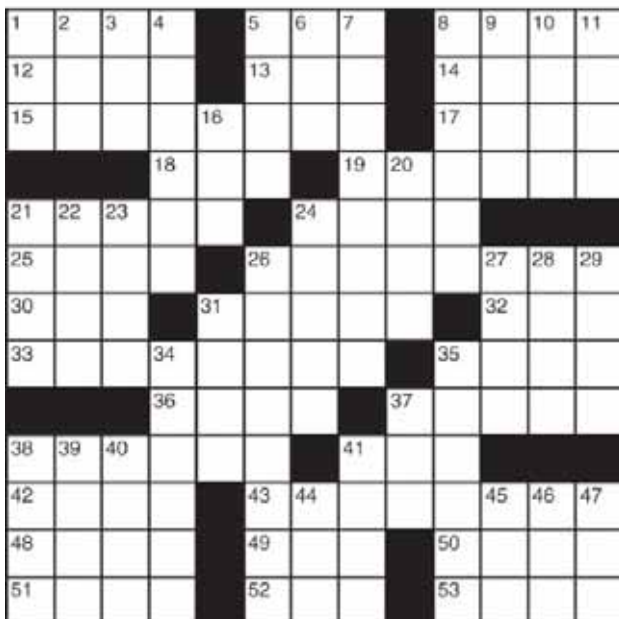
Crossword

Across

- 1 Food list
- 5 Lummo
- 8 Glitz partner
- 12 Shakespeare's river
- 13 Under the weather
- 14 Relaxation
- 15 Corsage flower
- 17 Karaoke need
- 18 Tattooist's supply
- 19 Need for water
- 21 Released
- 24 100 (Sp.)
- 25 Statutes
- 26 Jon Arbuckle's cat
- 30 Noshed
- 31 Fortuneteller's deck
- 32 Extinct bird
- 33 Military post
- 35 Shade of color
- 36 Not 13-Across
- 37 Garbage vessel
- 38 Jungle expedition
- 41 Intend
- 42 Tiger Woods' ex
- 43 Chickpea
- 48 McNally partner
- 49 That guy
- 50 Bank transaction
- 51 Vicinity
- 52 Attempt
- 53 Advantage

Down

- 1 Periodical, for short
- 2 Actress Longoria
- 3 Neither mate
- 4 Intimate apparel
- 5 Pig's call
- 6 "The Greatest"
- 7 Pressing need?
- 8 Zodiac twins

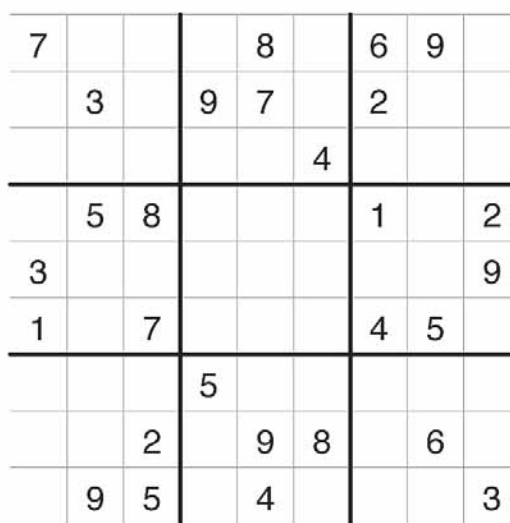


- 9 Den
- 10 Requests
- 11 Encounter
- 16 Conclusion
- 20 Weight
- 21 Old Glory, e.g.
- 22 — -tat-tat
- 23 Basin accessory
- 24 Yuletide song
- 26 Old-fashioned illumination
- 27 Eastern potentate
- 28 Protracted
- 29 Appointment
- 31 Layer
- 34 Kigali's country
- 35 Mexican entree
- 37 Clothes protector
- 38 Antitoxins
- 39 Winged
- 40 OK
- 41 Host
- 44 Melody
- 45 Affirmative action?
- 46 Sharp turn
- 47 Inseparable

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4	7	8	1	2	3	6	5	9
6	3	9	5	4	7	8	2	1
2	1	5	8	9	6	3	7	4
1	4	6	7	3	2	5	9	8
8	5	7	9	1	4	2	3	6
3	9	2	6	5	8	1	4	7
7	6	4	3	8	5	9	1	2
5	2	1	4	6	9	7	8	3
9	8	3	2	7	1	4	6	5

Yesterday's answer ►

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To my dearest brother, i would like to thank you for enlightening the last 9 years of my life. Giving, Wonderfull, True as well as Caring is what you've been ever since i first saw you. This is my way of saying happy birthday and best wishes from me to YOU <3 I LOVE YOU

FROM JAMILA

Be the real Prince u are This long dist rel is not easy..we kno we cannot escape, tried many times but tied unbreakable..how mnay times have u heard of such an existance? this is special and very unusual. two special words - trust and faith - is all we can remember. stay intact - not an inch here not there..be the real prince u can be. i am right here :) FROM YOUR LOV

Today's horoscope

- ♈ **Aries** March 21-April 20
Mercury, planet of the mind, links to your ruler today, so you won't be short of ideas.
- ♉ **Taurus** April 21-May 21
You may have every right to get your own back on a rival but it will lead to more bad feeling.
- ♊ **Gemini** May 22-June 21
You may need to bluff your way through a situation.
- ♋ **Cancer** June 22-July 22
Take that first small step, then just keep walking.
- ♌ **Leo** July 23-Aug. 23
If you

know what you want you will surely find a way to get it — but do you know what you want?

♍ **Virgo** Aug. 24-Sept. 22
Fate is clearly pointing you in a particular direction but you want to take a completely different path.

♎ **Libra** Sept. 23-Oct. 23
A Mars-Mercury link will help you reach out to people you love and trust.

♏ **Scorpio** Oct. 24-Nov. 22
You will know with the utmost clarity today what needs to be done.

♐ **Sagittarius** Nov. 23-Dec. 21
What happens today will remind

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Caption contest



"Dodge-ball death match. Two men enter, one man leaves!"

DAVE



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Parks day 2011
PARKS CANADA EXPERIENCES
FREE LIVE CONCERT
FROM NOON TO 8:30 PM
K'NAAN
with THE SHEEPDOGS and KATE MORGAN
July 16 • Brockton Point, Stanley Park

CMA Certified Management Accountants™
CREATE POSSIBILITIES
Learn about career possibilities with the CMA designation at an information session near you.
CMABC.COM

FLIGHT CENTRE Unbeatable
Okanagan 2 Nights
\$146 from
taxes & fees included
INCLUDES lakeside resort accom featuring spa, golf & watersports.
1 866 519 5111 | flightcentre.ca



VancouverGold.ca

Your Local Vancouver Gold Buyer

Honest • Friendly • Fully Licensed • Highest Buying Prices
We Buy Silver, Diamonds, and Coins too!

**SURREY
LOCATION
Now Open!**



Member of RCBC



GOLD PRICES are... HEATING UP THIS SUMMER!

ITEMS WE BUY

**GOLD AND SILVER,
DIAMONDS, PLATINUM,
Jewellery, Bars and Bullion, Coins,
Watches, Nuggets, Dental Gold,
Sterling Flatware**

TIP #2 FOR SELLING YOUR GOLD

Make sure you know the weight of your items, in grams, before visiting a gold buyer. Then, you will know if their offer is fair. Education is your best protection! Without a scale you can use quarters or loonies as a reference. Quarters weigh 4grams and loonies weigh 7 grams.

AS FEATURED ON...

**Global BC & National
CTV BC & National
CBC National News**

Visit www.vancouvergold.ca
to view the clips!

WHAT WE PAY

No-Haggle Price Guarantee

Since we offer our very best prices upfront, there's no need for stressful negotiations. We'll automatically offer you the best pricing. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we'll pay you 50% more than the difference.

Terms and Conditions can be found at
www.VancouverGold.ca

Karat|Price/gram

1oz Maple Leaf Coin (9999)	\$1417/coin
999 Gold Coins and Bars	\$43.41
24k Jewellery	\$35.02
22k	\$32.10
East Indian and Nuggets	\$28.45
18k	\$26.26
14k and dental	\$20.42
10k	\$14.59
.925 Sterling Silver	\$0.63

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$3,951.27



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$224.83



Additional Pricing

Gold Coins

Gold Coins Under 24kt (Per Gram of Gold)	\$40.77/gram
Maple Leaf Coins under 1 ounce	\$45.57/gram
999 Gold Bars under 1 ounce	\$42.21/gram
Silver Maple	\$33.92/coin
Silver Bullion	\$32.15/ounce

Silver

Unrecognized Silver bars 1 ounce or more	\$0.85/gram
Stamped Sterling Silver	\$0.63/gram
Stamped .800 Silver	\$0.55/gram
Unstamped Solid Silver	\$0.45/gram

Canadian Silver Coins

Coins from 1966 or earlier	16.2 Times Face Value
Coins from 1967	12.7 Times Face Value
Coins from 1968	9.8 Times Face Value

American Silver Coins

Coins from 1964 or earlier	17.6 Times Face Value
----------------------------	-----------------------

Platinum

Platinum Jewellery (stamped 950)	\$33.85/gram
999 Platinum Coins	\$42.99/gram

*Canadian Dollars
Last Update 7/11/2011

604.764.5134

254 West Broadway, Vancouver
(2 blocks East of the Broadway &
Cambie Canada Line Station)

Mon-Fri 9am-6pm, Sat 10am-5pm,
Sun 11am-4pm



604.582.4653

120-10362 King George Hwy, Surrey
(London Station Mall - next to London Drugs
& near the Surrey Central Skytrain)

Mon-Fri 9am-5pm, Sat 11am-4pm



www.vancouvergold.ca